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A Spinning World

One minute you’re on solid ground. The next minute, the world around you spins and turns. Your stomach abruptly becomes upset, and the slightest movement causes a feeling of nausea. Your ears unexpectedly roar and buzz. All of these actions are signs of Meniere’s disease. Meniere’s disease is a disorder of the inner ear. It is caused when too much fluid backs up in your ear canal. Excess fluid causes the canals to swell and work inefficiently. The origin of Meniere’s is presently unknown. However, the most recent opinion states, that small attacks of Meniere’s disease results from shifting pressure in the inner ear. Unfortunately, Meniere’s affects about twenty percent of the population in the world.

Meniere’s symptoms are due to the problem in the inner ear. The inner ear has the responsibility for hearing as well as balance. One of the most common symptoms of Meniere’s is vertigo. Vertigo causes sensations of spinning or turning, which result in balance problems. Attacks of vertigo usually begin suddenly and without warning. They also last about twenty minutes to several hours, causing difficult interruptions. Another common symptom of Meniere’s includes tinnitus. Tinnitus causes a repetitive feeling of ringing, buzzing, or roaring noises in the ear. These noises may pass, or may never go away. Although ninety-five percent of the population is affected in one ear, it can occasionally develop in both ears. When symptoms of vertigo occur, a doctor should be consulted to ensure an accurate diagnosis.

Generally, a series of tests as well as physical examinations will help your doctor determine the appropriate diagnosis for you. To ensure further physical examination and tests will help your doctor determine your balance and hearing abilities. These ways of evaluation can help your doctor determine if you have been diagnosed with Meniere’s disease. Once your disease has been diagnosed, your doctor will recommend a plan to manage your symptoms. This plan may include diet or other lifestyle changes, medications, or surgery.

Meniere’s disease is a hard disease to manage with. However, there are certain ways to manage the conditions and help control the symptoms. The common way to cope with Meniere’s is to eat a low-salt diet. Salt contains sodium, which makes your body hold excess fluid. Because Meniere’s is due to fluid buildup, eating less sodium could relieve some symptoms. You would want to find out how many milligrams of sodium can be consumed in each day. Another common way to handle Meniere’s is by taking certain medications for your symptoms. Some help reduce the fluid pressure that results in the symptoms, while others just ease the symptoms. No medication will cure Meniere’s, and no medication is right for everyone. Certain medications called diuretics help eliminate your body’s excess fluid. Other medications include: anti-dizziness, anti-nausea, and sedatives. Anti-dizziness medications help relieve vertigo attacks. Anti-nausea medications help relieve nausea and vomiting. Sedative medications help you relax and rest during a vertigo attack.

Coping with an illness like Meniere’s isn’t simple. However, with some changes you can live a full and normal life. Help reduce stress by exercising regularly. A healthy body can help undertake the difficult challenges of Meniere’s disease. While dealing with Meniere’s there might be stages of depression, frustration, and fear. Give yourself, and your body time to adjust. Spend time with your family and those closest to you. Be active in the things you love to do. Seek out information on Meniere’s disease. Knowledge will help you take charge and prevent Meniere’s from overtaking your life.